



FreshLIFE Produce Guide

Know your numbers: Planning to supply the salad bar for a FreshLIFE event requires careful attention to typical salad bar production volume. During a FreshLIFE event, more students will take a cup or more from the salad bar.

To determine adequate volume in ordering and preparation, evaluate past salad bar production records and the number of students served. Then increase your order and preparation assuming that almost every student may be eating from the bar.

Colors, cut size and types of foods offered: The season may drive the color selections, but the idea is to represent all the colors of the rainbow. If possible, offer more than one selection in a color category particularly if there are popular foods in a particular color. For example, purple can be both fruits and vegetables. Talk to your produce vendor about your event. The vendor may offer to discount some selections and become an active team player for the event.

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Red	Orange	Yellow	Green	Purple
Apples	Cantaloupe	Summer Squash	Lettuces – Spinach, Mixed Greens	Beets
Peppers	Winter Squash	Corn	Broccoli	Plums
Strawberries	Carrots	White Peaches	Peas	Cabbage
Plums	Peaches	Tomatoes	Avocado	Lettuce
Cherries	Nectarines	*Cauliflower	Peppers	Grapes
Kidney Beans	Tomatoes	*Jicama	Zucchini	Blueberries
Tomatoes	Oranges	Garbanzo Beans	Tomatoes	Blackberries

*Though these vegetables are more “white” than yellow, they are nutritious and help offer lots variety and color.

